

Learning your baby's language

Your baby will have her own way of communicating with you ... she smiles when she sees you and as she gets older, she will hold her arms out to be picked up... there are lots and lots of different signals that she will give you.

Sometimes it is hard to know what your baby wants or needs. It can be confusing and at times upsetting for both of you. Has this happened to you before?

Look through the list below and tick if you have felt any of these emotions when you have been unsure what your baby needs from you.

Confused	never	occasionally	often
Worried	never	occasionally	often
Frustrated	never	occasionally	often
Upset	never	occasionally	often
Anger towards your baby	never	occasionally	often
Anger towards yourself	never	occasionally	often
Overwhelmed	never	occasionally	often

Managing these emotions

Talk through with your PuP therapist about the last time you felt any of these emotions and see if you can think of some ways to manage these feelings. There are lots of ideas in the Parent Workbook in Module 7.

Write down here what you can do to help reduce any stress, frustration or worry you might be feeling.